

## Editorial Note on Low Birth Weight

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### EDITORIAL NOTE

The World Health Organization defines low birth weight (LBW) as an infant's birth weight of 2,499 g (5 lb 8.1 oz) or less, regardless of gestational age. Infants born with LBW face additional health threats that necessitate close monitoring, which is mostly done in a neonatal intensive care unit (NICU). They're much more likely to develop long-term health problems that need long-term monitoring. Preterm birth (a low gestational age at birth, generally known as less than 37 weeks of pregnancy) or the baby being small for gestational age (a slow prenatal growth rate), or a combination of the two, causes LBW. Young ages, multiple births, prior LBW babies, inadequate diet, heart disease or hypertension, untreated celiac disease, drug use disorder, heavy alcohol use, and insufficient maternal care are all risk factors for low birth weight in the mother. Membrane breakup prior to labour may also cause it. Preterm birth has a complex and poorly understood mechanism. It may be caused by premature foetal endocrine activation, intrauterine inflammation, uterine overdistension, or endometrial bleeding, among other things. A previous history of preterm birth is a significant risk factor for preterm birth. Placental problems may prevent the placenta from supplying enough oxygen and nutrients to the foetus, resulting in growth restriction. Infections that affect the foetus during pregnancy, such as rubella, cytomegalovirus, toxoplasmosis, and syphilis, may affect the weight of the infant. Tobacco use by the mother increases the infant's risk of LBW. Passive maternal smoking has recently been studied for its impact

on birth weight, and it has been shown to increase the risk of LBW by 16 percent. Solid fuel combustion products can cause a variety of health problems in people in developing countries. Since the majority of pregnant women in developing countries, where the incidence of LBW is high, are heavily exposed to indoor air pollution, the increased relative risk translates into a significant population attributable risk of 21% LBW.

Pregnant women who were exposed to aeroplane noise were found to have a lower birth weight due to negative effects on foetal development. The risk of low birth weight may be decreased if periodontal disease is treated. This treatment is safe to use during pregnancy and decreases inflammation, lowering the risk of preterm birth and low birth weight. Immediate use of plastic wraps, warm blankets, and skin-to-skin contact reduces the risk of hypothermia. It is possible to use one or more of these treatments, though combining them increases the risk of hyperthermia. Big sodium loads are too much for the kidneys to bear. As a result, if normal saline is administered, the sodium level can rise, prompting the clinician to administer more fluids. Fluid overload has been shown to be prevented by sodium restriction.

The inaccuracy of human milk's calorie content is one of its drawbacks. Human milk fat content varies greatly between women. When human milk is transferred from one container to another, some of the fat content can adhere to the container, lowering the energy content. Transferring human milk between containers as little as possible reduces energy loss.

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